



SHOPPING LIST TYPE AB

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PRODUCE:	DAIRY:	MISCELLANEOUS:
<ul style="list-style-type: none"> <input type="checkbox"/> Beets <input type="checkbox"/> Broccoli <input type="checkbox"/> Cauliflower <input type="checkbox"/> Eggplant <input type="checkbox"/> Kale <input type="checkbox"/> Garlic <input type="checkbox"/> Parsnip <input type="checkbox"/> Sweet potatoes <input type="checkbox"/> Figs <input type="checkbox"/> Grapes <input type="checkbox"/> Grapefruit <input type="checkbox"/> Pineapple <input type="checkbox"/> Watermelon 	<ul style="list-style-type: none"> <input type="checkbox"/> Eggs <input type="checkbox"/> Ghee <input type="checkbox"/> Mozzarella cheese <input type="checkbox"/> Feta cheese <input type="checkbox"/> Cottage cheese <input type="checkbox"/> Goat cheese <input type="checkbox"/> Ricotta <input type="checkbox"/> Goat milk <input type="checkbox"/> Yogurt 	<ul style="list-style-type: none"> <input type="checkbox"/> Olive oil <input type="checkbox"/> Walnuts <input type="checkbox"/> Peanuts <input type="checkbox"/> Almonds <input type="checkbox"/> Peanut butter <input type="checkbox"/> Lentils <input type="checkbox"/> Navy beans <input type="checkbox"/> Soy beans <input type="checkbox"/> Tempeh <input type="checkbox"/> Tofu <input type="checkbox"/> Spelt bread <input type="checkbox"/> Oat bread <input type="checkbox"/> Sprouted wheat <input type="checkbox"/> Parsley <input type="checkbox"/> Curry <input type="checkbox"/> Ginger tea <input type="checkbox"/> Chamomile tea <input type="checkbox"/> Green tea <input type="checkbox"/> Red wine
BAKING:	MEAT/SEAFOOD:	OTHER:
<ul style="list-style-type: none"> <input type="checkbox"/> Spelt flour <input type="checkbox"/> Brown rice flour <input type="checkbox"/> Oat flour <input type="checkbox"/> Soy flour <input type="checkbox"/> Baking powder <input type="checkbox"/> Sea salt <input type="checkbox"/> Blackstrap molasses <input type="checkbox"/> Agave 	<ul style="list-style-type: none"> <input type="checkbox"/> Lamb <input type="checkbox"/> Turkey <input type="checkbox"/> Cod <input type="checkbox"/> Salmon <input type="checkbox"/> Mahi Mahi <input type="checkbox"/> Tuna <input type="checkbox"/> Red Snapper 	<ul style="list-style-type: none"> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>